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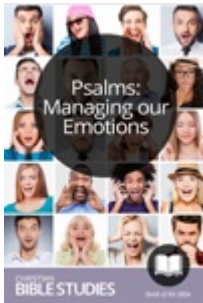
The following article is located at: <https://www.christianitytoday.com/biblestudies/p/psalms-managing-our-emotions-12-session-study.html>

Christian Bible Studies, July, 2007

Psalms: Managing Our Emotions

In this 12-session study, learn how God's word in the psalms deeply affects our emotions.

July 4, 2007



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Emotions are both complicated and complex, both mysterious and mystifying. Even the experts are not sure what causes us to experience emotions. Both social science and neurobiology have tried, to no avail, to explain the origin of emotions. And for Christians, emotions can be troubling, frustrating, and untrustworthy. Some emotions seem deeply spiritual; other emotions seem downright sinful. God created us to experience emotions, yet there are still godly and ungodly ways to manage them. This 12-session course on the Book of Psalms will help you sort this out.

Session One

Joy: A Time to Dance

Learn to rejoice in the past, present, and future.

Psalms 33:1–22

We think joy is dependent upon our circumstances, but the Psalms help us realize that we can find joy in every circumstance.

Session Two

Abandonment: When You Feel Alone

Find strength when you feel forsaken.

Psalms 22:1–31

When we feel abandoned, we should be honest about our pain, but we should also look to community and to God to find strength. Psalm 22 shows us how to do that.

Session Three

Fear: When You're Scared Senseless

Find peace when you are afraid.

Psalms 55:1–23

Whether it's a physical, emotional, or spiritual battle, we've all fought fear. The good news we gain from the Psalms is that we can learn to handle fear rationally and with confidence.

Session Four

Gratitude: More than Just an Attitude

Learn to be thankful for all things at any place and any time.

Psalms 136:1–26

Your life will overflow with gratitude when you're convinced of God's love for you and are reminded of his love through creation, your salvation history, and his current provision for you.

Session Five

Anger: When Your Back Is Against the Wall

Learn to keep anger from being destructive.

Psalms 79:1–13

Anger is a natural, God-given emotion, which, though potentially harmful, can be used constructively. The Psalms give us examples of godly ways to express anger.

Session Six

Contentment: When Your Soul Is at Rest

Learn to find serenity, regardless of the circumstances.

Psalm 62:1–12

Psalm 62 offers ways to find inner rest despite our outer circumstances. The secret of contentment is looking to God rather than your circumstances to give you fulfillment and peace.

Session Seven

Depression: When Darkness Is Your Closest Friend

Learn to live victoriously when just living is hard.

Psalm 88:1–18

The Psalms help show us how we can find hope in even the deepest depression. In times of depression, we must cry out to God.

Session Eight

Disappointment: When Your Dreams Die

Learn how to handle the pain of what might have been.

Psalm 107:1–43

How we can find peace when our dreams have been shattered? Psalm 107 offers hope to those disappointed with life.

Session Nine

Uncertainty: When You're Not Sure of Your Next Move

Learn how to make wise decisions when the path ahead is unclear.

Psalm 19:1–14

How can we ascertain God's will for our lives when we are unsure of what he wants? The Psalms helps those struggling with uncertainty to find God's direction for their lives.

Session Ten

Restlessness: When You Still Haven't Found What You're Looking For

Learn the cause of—and cure—for our incessant inner hunger.

Psalm 42:1–11

We will all feel restless until the consummation of the kingdom of God, but we can find contentment until then by putting our security in Jesus.

Session Eleven

Outrage: When Your Heart Is Filled with Revenge

Learn to forgive when you want to fight back.

Psalm 137:1–9

God doesn't expect us to pretend our outrage isn't real. He does expect us to resist the temptation to return evil for evil, to work for reconciliation, to leave room for his wrath, and to overcome evil with good.

Session Twelve

Praise: Find Joy in the Seasons of the Soul

Learn how and why to praise God at any place, any time, and in all ways.

Psalm 150:1–6

We should praise God no matter what we are going through. So long as you have breath, praise God for who he is and what he does, in any and every possible way.

Total number of pages—90

This Study Through the Bible Course is based on a sermon series by Steve May.